

## HOPE AND RECOVERY CONFERENCE INTRODUCES PARTICIPANTS TO E-CPR By Catherine Bond, LACDMH



Three hundred sixty-nine people registered to attend “Seeds of Health and Well-Being”, the 11<sup>th</sup> annual Hope and Recovery Conference in Spanish at the Almansor Court in Alhambra. Most of the attendees were clients from LACDMH directly-operated clinics and contract agencies, and many of them traveled long distances by bus to participate. The Mistresses of Ceremony were Angelica Garcia, Senior Program Manager for Project Return Peer Support Network, and Claudia Razo, Promotora.

The keynote speaker, Maria Ostheimer, spoke on “A Call to Dialogue: Recovering Our Community” and emphasized ways to “build relationships across the lines that divide us.” She also presented a two-part workshop on Emotional CPR (e-CPR) to introduce participants to this educational public health program. Maria is a certified e-CPR trainer who has offered this training in Spanish in many locations, most recently in Texas for the state Department of Mental Health.



Along with five workshops, the agenda for the conference included a panel presentation on enhancing physical health through Zumba and an “Ask the Director” segment featuring LACDMH Deputy Director, Dr. Tony Beliz.

The workshops were well-attended, and the cultural performances by Mariachi Arriba Mexico and Eliseo Gonzalez, a poet, added to the flavor of the conference. Planned by people in recovery for their peers and their communities, “Seeds of Health and Well-Being” reflected the importance of honoring diversity while finding ways to make wellness a reachable goal for everyone who has experienced mental health challenges.

